DEPARTMENT OF THE NAVY
Civilian Human Resources
December 9, 2010
Advanced Search
CHR Home
Employment
Benefits
Compensation
Training & Development
Executive Management
HR Offices
Programs & Services
CHR Home
DASN CHR VI
ice Management
Civilian Human Resources
0:00
ranscript
Archives
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PLAN FOR HEALTH. Involve children when preparing nutritious meals and educate them on making healthy decisions. Plan what and how much to eat. Select smart options when it comes to grocery shopping.
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Current Issue
All Issues
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Transition a Success; DON Prepares for 2011 Transitions - The Department of the Navy (DON) continues to achieve success in transitioning its employees from the National Security Personnel System (NSPS) to the General Schedule (GS).
TSP Forms are Consolidated - The Federal Retirement Thrift Investment Board has combined Forms TSP-3 and TSP-U-3 into a single form.
EMPLOYEE SPOTLIGHT
Armando Ontiveros has been stationed at the Naval Surface Warfare Center, Port Hueneme Division (NSWC PHD) as a Security Specialist for over a year.
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BRAC - Provides important information related to BRAC closing/realignment, career and transition assistance.
Equal Employment Opportunity (EEO) - The mission of the DON EEO Program is to provide the infrastructure necessary to achieve a discrimination-free work environment; one that is characterized by an atmosphere of inclusion and free and open competition for employment opportunities.
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Current Issue
All Issues
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Click on “Benefits in the Navigation Bar

DEPARTMENT OF THE NAVY
Civilian Human Resources
December 9, 2010
Advanced Search
CHR Home
Employment
Benefits
Compensation
Training & Development
Executive Management
HR Offices
Programs & Services
Contact Information
EBIS
New Employees
Insurance Programs
Thrift Savings Plan
Retirement
Designation of Beneficiary
Report Employee Death
Resource Library
Work Schedule & Leave
Work/Life
Workers' Compensation
CHR Home
DASN CHR VIDEO
Archives
LATE...TO VACCINATE!
View Wellness
FROM THE DESK OF THE DASN (CHR)
Current Issue
All Issues
NEWS & INFORMATION
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Read more
Archives >>
Popular Topics
About Us
NSPS Transition
Tools
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OCHR DAILY NEWS
Current Issue
All Issues
Emergency Preparedness | Accessibility | EEO | Privacy/Security Notice | Terms of Use | Contact Us | No FEAR Act | FOIA | NAVY.mil | Sitemap

Click on
"New Employees"
in the
Drop-down list

DEPARTMENT OF THE NAVY
Civilian Human Resources
December 9, 2010
Advanced Search
CHR Home
Employment
Benefits
Compensation
Training & Development
Executive Management
HR Offices
Programs & Services
CHR Home > Benefits > New Employees
Contact Information
EBIS
New Employees
Insurance Programs
Thrift Savings Plan
Retirement
Designation of Beneficiary
Report Employee Death
Resource Library
Work Schedule & Leave
Work/Life
Workers' Compensation
INFORMATION FOR NEW EMPLOYEES
Congratulations on your new job! Pay is only part of the compensation you earn working for the Department of the Navy. We offer a broad array of benefits programs to meet your needs and those of your family. Become familiar with your available benefits so you can make informed choices. Point Me in the Right Direction can help you determine which application to use to make your election. If you have questions related to your benefits as a new employee, contact the Benefits Line.
Each benefit program has certain timeframes for initial enrollment as a new employee, as shown in the table below. To learn more about each program, click the link for the program below.
Program
Election Period from Date of Appointment
Life Insurance
Basic coverage is automatic; you have 60 days to elect optional coverage
Health Insurance
60 days
Dental and Vision Insurance
60 days
Flexible Spending Account
60 days (or by October 1, whichever is earlier)
Long Term Care Insurance
60 days (for abbreviated underwriting)
Thrift Savings Plan
Automatically contribute 3% of basic pay, can change or cancel at any time
ADDITIONAL INFORMATION
CBC 12800-31, Benefits Information for Newly Hired Civilian Employees on Appointments Entitled to Benefits
CBC 12800-33, How to Update Your Mailing Address
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Explore each of these links to complete this step in your neo training